

# Monday Night How It Works AFG Open Meeting

**Date: February 7, 2022 - 7-8pm CST - In person only**

**Topic: The Family Disease of Alcoholism**

**Al-Anon Speaker: Carol M.**

**How Al-Anon Works pgs 27-29**

The part we play

Awareness begins by learning about the family disease of alcoholism. Everyone in an alcoholic relationship - friends, co-workers, family members, as well as the alcoholic - plays a part in the dynamics of this disease. In order to make any changes in the circumstances, we must try to discover the part we play.

In general, alcoholics act, and we, who are involved with them, react. The active alcoholic gets drunk, behaves irrationally or irresponsibly, and becomes the center of attention. Those around them react to the drinking and its consequences. In a state of intoxication, alcoholics aren't worried about the problems their actions are creating instead, those around the alcoholics worry for them. We believe we must take on the responsibility of doing for the alcoholics what they seem unable or unwilling to do themselves.

This pattern also persists in sobriety. Many of us have seen our sober loved ones go through "dry drunks," periods during which the alcoholic's behavior in sobriety seems identical to the active drinking day. Naturally, most of us fall right back into our old behavior as well. The disease and its effects persist into sobriety. Unless we friends and relatives choose recovery for ourselves, the dynamics of the disease will continue to dominate our relationships.

1. When did I realize I played a part in the family disease of alcoholics, and what was our first or most current realization.
2. What actions have I taken to changes my circumstances. (me).
3. Am I over responsible? Please provide examples.
4. Have I seen my reactions (my part), when no longer living with the active disease of alcoholism.

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